



YOUR WEEK IN WELLNESS



YOUR BENEFIT FOR LIFE

Aug 2nd – Aug 15th
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1. Wellness Tips:

STOP STRESSING! : Healthy Ways to Relax and Recharge

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.



- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.

Heading to the Farmers Market tomorrow or Saturday?

Try shopping towards the end of the day as farmers will tend to sell their produce for less to get rid of it.

2. Healthy Recipe: Grilled Chicken Breast with Mango-Tomato Salsa

Having a cookout or BBQ this weekend? Try this favorite summertime meal.

Ingredients:

- 1 ripe mango, peeled, pitted and diced
- 2 large tomatoes, peeled, remove seeds and diced (Keep the seeds or it's not very juicy)
- 1 serrano pepper seeded and diced (optional)
- 1 T. minced red onion
- 1 small bunch cilantro (leaves chopped) (Optional).
- Juice of one lemon or lime
- A few chili flakes (optional)
- 1 scallion, minced
- 2 T. olive oil.
- 4 (5oz) boneless, skinless chicken breasts.

Directions:

In a bowl, place the mango, tomatoes, pepper, onion, cilantro, lime or lemon juice, chili flakes, scallion, olive oil, salt and pepper. Mix well and let sit for 30 minutes to let flavors blend. Place the chicken breasts between two sheets of plastic, flatten with meat mallet or rolling pin. Over medium-hot grill, using indirect heat, cook chicken breast approximately 3 min. each side. Give a quarter turn on each side to create grill markings. Top chicken with salsa.



Makes 4 servings, 370 Calories, 10 grams of fat. Find this recipe and many more at: <http://www.sparkpeople.com>

3. Wellness Coupon

Need a different way to get exercise, relieve stress, or just enjoy a beautiful day?
How about a new **bicycle** for you or a family member?

Fond du Lac Cyclery is offering all county employees **15% off a new bike*** and **20% off accessories***.

Just **print this email** out, head on over to **FdL Cyclery at 209 S Main St in Fond du Lac** and check out their wide selection of bicycles and accessories. You can browse their website as well at <http://oshkoshcyclery.com/>

Carol & John Bartow and their expert team are ready to find a new bike that meets your needs.

Offer expires 9/30/2011.

* Offer does not include sale items.

And once you've got that new bike, check out the great recreation trails owned by the County.

Stay Well!

